

# Mountaineer

Vol. 64, No. 44

Published in the interest of Training Support Division West, First U.S. Army and Fort Carson community  
Visit the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil)

Nov. 3, 2006



Photo by Rebecca E. Tonn

## Hello, Soldier

**Left:** Spc. Clinton Distad, 3rd Heavy Brigade Combat Team, 4th Infantry Division, kisses his wife Julie at the Special Events Center. A welcome home ceremony was held Sunday for Soldiers of the 1st Battalion, 68th Armor Regiment, the 3rd Battalion, 29th Field Artillery Regiment and the 2nd Squadron, 9th Cavalry Regiment of the 3rd HBCT.

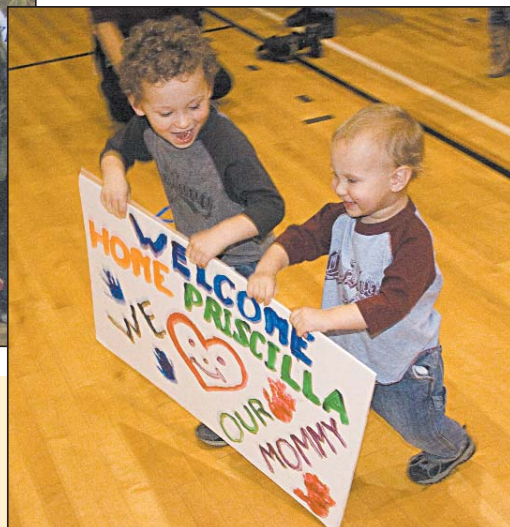


Photo by Michael J. Pach

## Mommy's home

**Right:** David Kangas Jr., left, and his brother, Daniel, have fun with a sign they made to welcome home their mother, Spc. Priscilla Kangas, during the welcome home ceremony Tuesday for the 1st Battalion, 68th Armor Regiment, 2nd Squadron, 9th Cavalry Regiment, and 3rd Special Troops Battalion, 3rd HBCT.

## Vice President Dick Cheney visits Fort Carson today

The event is open to all Department of Defense identification cards holders only, including veterans and retirees. Buses will transport personnel to the site from designated parking lots. Soldiers and family members should park in their unit's

designated lot at either McKibben or Waller Physical Fitness Centers or the 10th Special Forces Group dining facility. Other parking lots will be identified by signs: north of Gate 20, across from the Shopette at Specker and

Magrath Avenues; south of Gate 4 on Magrath Ave.; and near Carson Middle School at Prussman Blvd. and Harr Ave. Buses will operate 9:30-11:45 a.m. and will return to lots commencing with the end of the vice president's visit.

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## MUST SEE



Hot fuel, hot topic at Fort Carson.  
See Pages 8-9.

Word of the month: **COMMUNICATION**

## Army activates IMCOM to improve support to Soldiers

*Installation Management  
Command Public Affairs*

**ARLINGTON, Va.**— The Army activated the Installation Management Command Oct. 24 to consolidate and strengthen installation support services to Soldiers and their families through the full authority of command.

Lt. Gen. Robert Wilson assumed the IMCOM command at a Pentagon ceremony. The new command places the former Installation Management Agency, the former Community and Family Support Center and the former Army Environmental Center under a single command as a direct reporting unit.

"Today we take the next step in the evolution of Army installation management ... in order to create a more efficient, effective and agile organization to ensure the best Army in the world is

supported by the best installations in the world," Wilson said.

In keynote remarks, Lt. Gen. James Campbell, Director of the Army Staff, drew a parallel between the IMCOM and the new Army advertising slogan, "Army Strong."

"In my mind, the Installation Management Command shows that it is 'Army Strong' each and every day," Campbell said, "with the strength to make an installation a community; a set of quarters a home; and complete strangers, friends.

"(IMCOM has the strength) to ease separation and connect the Soldier on point with a family at home; the strength to genuinely care for the loved ones back home so that young Soldier facing life and death can focus on the

# Piñon Canyon expansion — the real deal

by Karen Edge

*Piñon Canyon Outreach  
Coordinator, Fort Carson*

The proposed expansion of the Piñon Canyon maneuver site is just that — proposed.

The Army was asked to take a strategic look at all of its available training land and ranges. In doing so, a training-land deficit at almost every Army training installation the was identified. Fort Carson was one of the installations surveyed. At its Piñon Canyon Maneuver Site, a training land shortage of more than 400,000 acres exists. The Piñon Canyon proposed expansion addresses Army strategic needs.

Overall, the Army faces a training land shortfall of approximately 5 million acres. Many of the ranges currently held by the Army are also characterized by restrictions to training from a variety of sources, including urban encroachment and environmental regulations. This situation, coupled with the expanded doctrinal training requirements, evolving sophistication of military equipment and advances in

technology, drives the Army to seek additional land in areas where such an expansion is affordable, feasible, operationally sound and where environmental restrictions are not excessive. In that regard, PCMS represents a strategic investment for the Army as well as a hedge against future doctrinal requirements and increasing training land restrictions on other installations.

The Army has been changing to meet new challenges. Today's training requires an expanded battlefield that realistically simulates the operational tempo, range, intensity and complexity of current and future conflicts. Taking a look at the constantly changing tactics of the terrorists attacking U.S. and Iraqi personnel in Iraq provides a clearer understanding of how imperative it is to have the land necessary to train our Soldiers for what they will inevitably face in combat. This is the operational environment in which the Army must execute whatever mission it may be called upon to perform. The world we live in is full of adversaries that are watching, learning and adapting to our tactics and we, too, must watch, learn and

adapt to our enemy's tactics.

Transformation to the Army's modular force design increased the speed, range and mobility of combat units and dramatically improved the command and control capabilities of commanders. The introduction of force modularity, or plug-and-play units, in training scenarios is driving the need for dynamic training infrastructures. A suitable location and mix of training land and facilities, such as maneuver space and firing ranges, must be available to ensure that readiness is not degraded and that our forces are capable of fighting as part of a joint team.

New technology permits smaller units to operate in and control a significantly larger battle space than was previously possible. To realize the promise of this technology, commanders and units have to train in a dynamic, fully integrated battlefield environment. Installations must preserve the capabilities to support the current force while developing installation infrastructure capabilities to meet the requirements of the future force and its weapon systems.

Although more land is so far

the best alternative presented to meet training requirements and overcome the training land shortage at Piñon Canyon, any expansion of PCMS is in the future, if at all. Many more steps in this lengthy process are yet to be completed. As the Army awaits a waiver from the Department of Defense that would allow us to move forward with the National Environmental Policy Act processes to determine potential impacts to the environment and communities surrounding PCMS, all we can do is wait.

There have been no parcels identified for purchase, no agreements made with non-governmental agencies to be stewards of land that may one day be purchased and, until the NEPA process is complete, we can't even predict if any land will ever be purchased.

Fort Carson has an excellent record of environmental resource stewardship, and if any additional land is ever purchased, it would be tended with the same dedication as land currently maintained by the installation and its partners.

## How to change the world, one step at a time

commentary by Spc. Holly Stephani

*593rd Corps Support Group, Al Asad, Iraq*

I don't think of myself as a runner, because when I'm running I don't think of myself.

Most people run because they want to lose weight, are competitive, need to relieve stress or just want the free T-shirt to prove what they have done. Similarly, some people join the military because they want to get fit, have a drive for power and glory, or want to make their family proud.

Our society has become self-centered; we have forgotten how to do things for a reason other than our own gain.

I am one of five children and I always wanted someone to notice me. I wanted to do something great, but I was never sure what to do. So I tried it all — sports, clubs, church groups. I was always good, but never great.

When I joined the working world, I still felt the

need to succeed and prove myself. I kept searching for the right niche, jumping from job to job. But what I wanted was to do something for someone else. So I joined the Army in February 2004. Soon after joining, I found out I was pregnant. I wanted to stay fit, but I also wanted to make sure I gave my baby the best head start possible.

I watched my mother exercise throughout her pregnancy with my youngest brother, who ended up athletic and smart. I wanted to give my son the same advantages, so I worked out while I was pregnant. For the first time, I was exercising for someone else's benefit.

One week after giving birth, I started jogging — first one mile, then two, adding a little distance every week, until I could run 10 miles. I continued to improve my running by working out with the Fort Lewis Army 10 Miler Team. I often thought about my son on long runs. Our coach would motivate me by saying, "Do it for your son."

This June I deployed to Iraq, knowing my son, now a year old, was in good hands with my husband. Now I'm running in the desert — through 130-degree temperatures, sand and wind. I am driven by people who say they want to be like me, not because it boosts my ego, but because I am afraid of letting them down.

My motivation to wake up at sunrise for a 12-mile run is the hope that others will want to do the same. I am motivated to run by people who watch on the sidelines, in the hope that they will one day want to join me and lose that weight, find a relief for their stress or maybe just to get a free T-shirt.

In Al Asad, Iraq, we had our own local version of the Army 10 Miler called a "shadow run." I placed second, finishing in 1 hour, 16 minutes. Not a record for me, but fast enough to get noticed.

I am not setting any records or winning any battles, but I'm changing my world, one step at a time.

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This commercial enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government or the Department of the Army. Printed circulation is 12,000 copies. The editorial content of the *Mountaineer* is the responsibility of the Public Affairs Office, Fort Carson, CO 80913-5119. Tel.: (719) 526-4144. The e-mail address is [mountaineeditor@carson.army.mil](mailto:mountaineeditor@carson.army.mil).

The *Mountaineer* is posted on the Internet at <http://public.carson.army.mil/sites/PAO/mountaineer/archives/forms>.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. The *Mountaineer* is printed by Colorado Springs Military Newspaper Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. It

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The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. The deadline for submissions to the *Mountaineer* is close of business the week before the next issue is published. The *Mountaineer* staff reserves the right to edit submissions for newspaper style, clarity and typographical errors.

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# NEWS

## IMCOM

From Page 1

As IMCOM commander, Wilson is dual-hatted as the Army's assistant chief of staff for Installation Management, reporting directly to the Army chief of staff. Brig. Gen. John A. Macdonald, former IMA director, became IMCOM's deputy commander.

Under IMCOM, CFSC is renamed the Family and Morale, Welfare and Recreation Command, and becomes a subordinate command of IMCOM, commanded by Brig. Gen. Belinda Pinckney, with its own flag. The AEC is now the Army Environmental Command, also a subordinate command with its own flag, commanded by Col. Michael O'Keefe.

The flag casings and uncasings were a symbolic focal point of the activation ceremony and the three gold and red flags, standing together in a rank, underscored the unity of purpose inherent in the new organization.

"The Army has never been in greater need of installations as flagships of readiness than it is now," Wilson said, citing the construction, personnel and equipment realignments required to support Base Realignment and Closure, Army Modular Force and

Global Defense Posture Repositioning. He said BRAC alone accounts for more than 1,200 actions that impact the IMCOM mission.

The Army announced the establishment of the Installation Management Command as a direct reporting unit in August as part of Army efforts to reorganize its commands.

The full authority of command is vital to effectively direct the vast resources necessary to support troop deployments while meeting the needs of their families, Army officials said in announcing the decision to form IMCOM. Consolidating the installation management structure under IMCOM optimizes resources, protects the environment and enhances well-being of the Army community. IMCOM will provide fast, efficient and agile support to commanders in the performance of their tactical and strategic missions.

The new command, currently headquartered in Virginia and Maryland, will relocate in 2010 to Fort Sam Houston, Texas. The deputy commanding general will locate in Texas, while the commanding general and ACSIM functions remain at the Pentagon.

The new command also will

consolidate the four Installation Management Agency regions within the continental United States into two. The West Region, under which Fort Carson falls, stood up Wednesday at Fort Sam Houston. IMCOM West will oversee 30 active

and Reserve Army installations in 26 states, ranging from Ohio to California. J. Randall Robinson, former Northwest Region IMA director, is the IMCOM West director. A formal activation ceremony will be held Nov. 21 at Fort Sam Houston.



Photo by Stephen Oertwig

*Lt. Gen. Robert Wilson, center, and Command Sgt. Maj. Debra I. Strickland, right, unfurl the new Installation Management Command flag at the activation ceremony held Oct. 24 at the Pentagon.*

# Army opens Modernization Test Center at White Sands Missile Range

*Army News Service*

**WHITE SANDS, N.M.** — The Army recently opened a new modernization test center at White Sands Missile Range to hasten the delivery of Future Combat Systems technologies to current- and future-force Soldiers.

“The FCS Test Operations Complex performs a vital role in our Army modernization strategy,” said Maj. Gen. Charles Cartwright, FCS program manager. “By this time next year, we will have new FCS equipment in Abrams tanks and Bradley fighting vehicles.”

The Army is adopting FCS technologies through incremental “spin-outs” and capability insertions into the current force via an Evaluation Brigade Combat Team. The EBCT is now being stood up at nearby Fort Bliss, in El Paso, Texas, with more than 900 Soldiers. The FCS Test Operations Complex at White Sands Missile Range will support these EBCT Soldiers as they test, evaluate and

refine new FCS technologies and equipment.

These technologies include crucial new networking capabilities, Unattended Ground Sensors, the Non-Line-of-Sight Launch System, and Intelligent Munitions Systems, all of which address critical Army capability gaps while enhancing the mission effectiveness and survivability of current-force Soldiers.

“Our Soldiers require these new capabilities now; and the Army is delivering them today,” Maj. Gen. Cartwright said. “The technologies are there to be fielded,” he added. “The only thing that can hold us back is funding and resources.”

EBCT Soldiers and leaders will build on lessons learned during FCS Experiment 1.1, a three-phased event now in its second phase. Experiment 1.1 combines laboratory trials with field exercises. Indeed, as part of Experiment 1.1, Soldiers now are using FCS technologies and equipment while working initial doctrinal concepts.

**Experiment 1.1, Phase 1**, was completed in

September at the FCS System of Systems Laboratory in Huntington Beach, Calif. This laboratory-based phase focused on hardware and software integration and systems interoperability.

**Phase 2**, the Engineering Field Test, is currently under way and scheduled to end in December. Here, Soldiers are assessing FCS systems performance in a realistic operational environment at a combined range complex. This combined range complex is situated at both Fort Bliss and White Sands Missile Range.

**Phase 3**, scheduled to take place January-February 2007, will involve Soldier-testing of key FCS technologies and equipment. These technologies and equipment will be integrated with current-force Army systems. Soldier feedback and analysis will shape and facilitate subsequent FCS technology and program development.

“Army modernization truly is about the Soldier,” Cartwright said. “We see that in both the design and execution of the FCS program.”



# MILITARY

## Type-1 diabetes not limiting in serving

by Laurie Meyers

**Editor's note:** Reprinted courtesy of *The American Diabetes Association from Diabetes Forecast*, July 2005, pp. 55-57, Copyright 2005, The American Diabetes Association. The American Diabetes Association is one of the many charitable organizations that benefit from the Combined Federal Campaign and this is one of the many stories of how members of the Mountain Post team benefit from these charities.

The Soldiers set off in their Humvee. Sandbags were wedged against their doors, stuffed behind them, even resting under them, as seats. The bags wouldn't offer much protection if they hit a land mine or faced a roadside attack, but they were better than nothing. Even garbage in the road was a threat—a possible hiding place for explosive devices.

The Soldiers passed children with hands outstretched, begging for food, and men carrying AK-47s. Were the men hostile or friendly? No way to know: just keep the weapons pointed outward and shoot to kill if approached.

They drove for two days, stopping only once, for the convoy to refuel. Stopping was like putting on a big red bull's-eye. Insurgents could and would appear out of nowhere. They had to keep moving until they reached base.

That drive—from Kuwait to Tikrit, Iraq—is not one most of us would want to make. But Staff Sgt. Mark Thompson fought his own personal war to be part of it.



Courtesy photo

Staff Sgt. Mark Thompson shown in a Blackhawk helicopter while serving in Iraq.

### *This Soldier's story*

Thompson, 28, is an Iowa native. He's always had something of a travel bug and it was this desire to see the world that inspired Thompson to join the Army.

That, and the stories he heard from his college roommate — an older student who had served in the Vietnam War. As Thompson listened, the Army started to sound like an adventure. Thompson also needed money for college, so in 1996, he signed on for four years, expecting to do his time and then finish his education.

But Thompson never went back to campus. He had found his place and it was in the Army. He was a "lifer."

Then in 2000, Thompson began losing a lot of weight. He felt thirsty and tired all the time. One morning he collapsed during a run. When Thompson made it to the hospital, his glucose level was over 600. The doctors told him he had type 1 diabetes.

This diagnosis could have meant the end of his career. Plenty of Soldiers who are diagnosed with serious medical conditions must leave the military because they can't prove they're healthy enough to do the Army's work. Thompson was bound and determined not to end up like one of those Soldiers.

He went from having an A1c (blood glucose test) of 12.5 percent at the time of diagnosis to 6.2 by the time the Army's medical board reviewed his case in 2002. Because he was able to control the disease so well, the board found him "fit for duty."

Thompson's victory wasn't absolute. He was told that while he could continue serving, he would not be allowed to do it from combat zones where refrigeration and medical supplies are hard to come by.

### *The battle at home*

But Thompson wanted to go where he was needed most, and by 2002, war had broken out in Afghanistan. A year later, American Soldiers also were moving into Iraq. Thompson is a career counselor, which means that he helps Soldiers choose career paths within the Army and asks them to re-enlist.

# Military briefs

## Miscellaneous

**Trial defense service hours** — TDS hours of operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments and emergencies. Chapters briefings are held Tuesdays and Thursdays at 1 p.m., and Article 15 briefings are held Tuesdays and Thursdays at 1:30 p.m.

**New dental clinic hours** — All dental clinics are open Monday-Friday from 7 a.m.-4 p.m. Sick call hours are from 7 a.m.-9 a.m.

**Hazardous Material Control Center** — The HMCC reopened Oct. 11. All customers that received support prior to July 8 will again get support from this facility.

**Ethics training** — The Office of the Staff Judge Advocate will conduct annual ethics training at McMahon Theater on the following dates:

- Today at 1:30 p.m.
- Monday at 9:30 a.m.
- Tuesday at 1:30 p.m.
- Wednesday at 9:30 a.m.

This training is mandatory for all Department of the Army civilians and military personnel and must be completed by Dec. 31. Attendance in one session is required and units containing more than 100 people can arrange to have their own training session conducted. Contact Lorraine Sirois at 526-0538 or [lorraine.sirois@carson.army.mil](mailto:lorraine.sirois@carson.army.mil) for more information.

**Finance in- and out-processing** — The in- and out-processing section of finance has consolidated its operations on the second floor of building 1218. Travel and accessions moved from the first floor of building 1218 to the second floor.

Customers for in- and out-processing should go to room 230 in building 1218, sign in and wait for a technician. Phone numbers remain the same: separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in- and out-processing 526-6230.

**ACAP relocation** — The Army Career and Alumni Program Center has moved to building 1117, room 114. Soldiers should use the southwest entrance. Hours of operation are 7:30 a.m.-4 p.m.

**Veterans Administration relocation** — The VA is now located in building 6220 on the first floor.

**Harmony in Motion auditions** — Harmony in Motion will hold auditions for sopranos, altos, tenors and basses. Auditions will be held daily at the Freedom Performing Arts Center, building 1129, from 9 a.m.-noon and 1-4 p.m. For more information visit [www.carson.army.mil/harmony](http://www.carson.army.mil/harmony) or call Sgt. Scott Dickson at 524-3618 or 338-2340.

**Casualty and Mortuary Affairs offices move** — Fort Carson's Casualty and Mortuary Affairs offices have moved to building 1218, rooms 164, 165 and 168. Telephone numbers remain the same.

**TSP Pilot** — Let the Thrift Savings Plan Pilot take the guesswork out of your TSP fund choice decisions (including the new L funds).

TSP Pilot's investment analysts give you optimized fund balance allocations you can plug into your TSP account Web site to maximize returns. A free issue is available.

Please allow a few moments for the page to fully load: <http://TSP-pilot.com>.

**Environmental Health training** — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on hot and cold weather injuries, sexually transmitted diseases, hearing conservation

and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

**DPW services** — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

## CIF Hours

**Regular business hours** — The Central Issue Facility has changed its operating hours. The CIF is no longer open on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

### In-processing

Monday-Thursday from 7:30-10:30 a.m.

### Initial issues

Monday-Thursday from 12:30-3 p.m.

### Partial issues

Monday-Thursday from 12:30-3 p.m.

### Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

### Direct exchange

Monday-Thursday from 12:30-3 p.m.

### Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

### Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

### Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.
- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.
- **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

**Military Occupational Specialty Library** — Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

**Claims Division hours** — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

**Wolf Inn** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

**Butts Army Airfield** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

**Patton Inn** — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

**10th SFG** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**Recruit the Recruiter briefings** — Briefings for anyone interested in becoming an Army recruiter are scheduled for 9:30 a.m. and 1 p.m. on Nov. 15 and 17 in building 1117, room 223. More information can be found at [www.usarec.army.mil/hq/recruiter](http://www.usarec.army.mil/hq/recruiter), by calling Sgt. 1st Class Neftali Perez at (800) 223-3735 or by contacting your unit career counselor.

**Special Forces briefings** — will be held Wednesdays at building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

**ACAP briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m. to building 1117, room 114. Call 526-1002 to schedule the briefing.

**ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

## Diabetes

From Page 5

"I'd be sitting across from a Soldier with a (combat) patch, counseling him, and I wouldn't have the combat experience," Thompson said. "It just didn't seem right."

In the spring of 2003, Thompson's division, the 1st Infantry, received word that it would be deploying to Iraq in January 2004. Thompson was assigned to the "rear detachment," which meant staying at the 1st Infantry's home base in Germany.

"Rear detachment has an important job," Thompson said. "But it's not where I wanted to be. It's not why I joined the Army."

So Thompson did some homework.

He called to make sure the military base hospital in Tikrit could stock a five-month emergency supply of the insulin he uses — fast-acting for his pump, and some NPH human insulin (slower acting) to mix with it if he needed to use syringes. He bought a camping refrigerator that was converted so that it could be plugged into a Humvee.

Thompson wears an insulin pump, and his main challenge would be keeping the insulin at 86 F or less, all while on the go in a place where temperatures can soar well over 100 F. He discovered reusable Frio pouches, which are made of a special material that is activated when the pouches are immersed in water. The

pouches keep contents cool for well over a day in such temperatures. If the pouches failed or if the pump broke, he could get insulin from the hospital and switch to the backup syringes he would be carrying.

Thompson's research paid off. Dr. (Lt. Col.) Michael Brumage, division surgeon, 1st Infantry Division, initially thought it was too risky. But Thompson "showed me that he had a comprehensive knowledge of his body, his diet, his insulin needs, and that he also had an in-depth trouble-shooting plan," Brumage said.

Thompson had the permission he needed, but with a few conditions: He would carry an eight-month supply of insulin, catheters, spare blood glucose meters and syringes everywhere he went. And if his glucose levels fluctuated too much, or if his health was in danger, he would be on the next plane back to Germany.

### *In Iraq*

After that initial two-day drive into the heart of Iraq, Thompson traveled around the country, visiting the 1st Infantry's various units. "I kept multiple baggies of food with me all the time — Nutri-Grain bars, power bars, any quick source of food I could pick up at the dining hall."

When things were relatively calm, Soldiers could just wear bulletproof vests. But most of the time they had to wear full combat gear: vests, body armor, eye protection, helmet, ammunition and supplies.

The whole ensemble weighs at least

60 pounds, and it was too much for Thompson's pump. In April 2004, the pump broke under the pressure. It was the worst possible time. Thompson and his peers were subsisting on prepackaged, nonperishable meals that feed Soldiers when regular food supplies are cut off for some reason. These meals made it hard for Thompson to calculate carbohydrates, and without his pump, it was hard to keep a steady supply of insulin.

But Thompson told himself he was not going to be sent home. He checked his levels 10 times a day for the next four weeks until his replacement pump arrived, and he put the new pump in a lower pocket to protect it.

The checking and emergency planning paid off: Thompson's A1c during his time in Iraq stayed at about 6.5 percent.

### *Home again*

Summer came, bringing a blast of unimaginable heat. By June the whole division had stopped wearing full body armor because it was simply unbearable. Temperatures hit upwards of 130 F; even the rock candy Thompson's mother had sent from home melted.

The desert air, especially if there was any wind, "felt like sticking your head in the oven while cooking the Thanksgiving turkey," Thompson said.

But Thompson was holding his own, and so were his pouches. He never even needed the refrigerator. And by February of this year, Thompson had completed his tour of duty in Iraq.

Thompson often thinks of his time there, of that harrowing drive to Tikrit, of the sinking feeling he had the day he realized his pump was broken.

He also feels proud, because while the final chapter of the war in Iraq has yet to be written, Thompson waged his own war, of sorts, to be part of the experience there.

And he won.

### *Fit for duty*

Under the Americans with Disabilities Act, the Rehabilitation Act of 1973 and many state anti-discrimination laws, it is unlawful for an employer to have a blanket ban that prohibits anyone with diabetes from holding a given job. Rather, an employer must look at each case individually. The exception is when another federal law or regulation "trumps" those laws. This happens very rarely. One place it does happen, however, is in the military, where people with diabetes are prohibited from serving. However, as Thompson's story shows, the military has made some exceptions.

The keys to staying in the military following a diabetes diagnosis are having:

- Excellent management of your diabetes
- Health care professionals on your side who can explain to military review panels how diabetes affects you and why it will not prevent you from doing your job. For more information, call the American Diabetes Association at (800) 342-2383.





A fire guard stands by in the event of a worst-case scenario. During a hot refuel, a spark or any static electricity could cause a fire.

## 59th Quartermaster tests Modular Fuel System

# Hot Refuel a wild ride

Story and photos by  
**Rebecca E. Tonn**  
*Mountaineer staff*

The road to Camp Red Devil, Training Area 30, is long and dusty. The Humvee rattles south on Butts Road, past range control, west on Highway 6, and growls over Agony Hill (an apt name), then heads south on Highway 11 and past Range 24.

To a civilian, a Kevlar helmet weighs about 30 pounds, and wearing it in the Humvee (in compliance with Army regulations) feels like a bobble-head-doll impersonation. But it was all worth it when the OH-58 Kiowa helicopters roared into view, circling into position over the landing pads.

Soldiers from the 59th Quartermaster Company, 68th Corps Support Battalion, 43rd Area Support Group, conducted successful hot refuels on three OH-58 Kiowa observation helicopters, with the new Modular Fuel System and the Tactical Petroleum Terminal Oct. 24 at Camp Red Devil.

A hot refuel is the refueling of an aircraft while the engine and rotor blades are still running. "It is fast

and tactical," said Sgt. 1st Class Tony Price, 59th QM 1st Platoon sergeant. Pilots remain in the aircraft, so it is technically not a landing.

"(Today) we'll have two landing pads — two FARPs (Forward Arming and Refueling Points). (Since) the engines are running, the biggest hazard is a fire. I ran FARPs during OIF1 and OIF3 (Operation Iraqi Freedom 1 and 3), about 20-25 aircraft per day," said Price.

According to Price, a cold refuel, with engines shut off, can take up to 45 minutes.

"We tested this system in June at Piñon Canyon. TACOM (Tank-Automotive and Armaments Command) made a few changes, based on our feedback. So this is the second test," said 1st Lt. Nelson

See **Hot Refuel** on Page 9

The filmstrip is a sequence of photos showing the landing, hot refueling and takeoff.

The 68th CSB and Petroleum and Water Systems is hosting an open house, with a static display and a video of the Modular Fuel System, for Fort Carson Soldiers and civilians, Nov. 16, 8 a.m.-1 p.m., in building 8152.



## Hot Refuel

From Page 8

Tomas, 59th QM 1st Platoon leader.

The MFS consists of 14 2,500-gallon tank rack modules, two 600 gallons-per-minute pumps, 3,300 feet of hose and two eight-point Refuel On the Move configurations, so 16 aircraft can be refueled simultaneously with up to 35,000 gallons of fuel.

The system also has “a fuel containment system, in case of a spill. The Army is going more environmentally friendly,” said Price.

The pump and tank modules were about 60 yards from the first FARP and about 100 yards from the second FARP, for safety reasons—no need to have an entire tank of fuel next to the aircraft. Three-inch hoses, laid out in fuel containment systems along the ground, distributed the fuel from the storage tank to the aircraft’s fuel tanks.

Those “turn-your-engine-off” and “no-cell-phones” signs at gasoline stations are not a joke. Imagine leaving an engine running while filling the tank; that’s what these Soldiers were doing — only it was not a passenger car but a 34 foot-long helicopter, with rotors whirling and engine running.

The 68th CSB has been downrange engaged in field support training and combat logistic patrols, since Oct. 23.

“The 68th was really excited to do this. It gave the Soldiers an opportunity to experience something new — due to the efforts of my operations sergeant, Sergeant Price,” said Capt. Anthony Leach, 59th QM company commander.

“This (system) is going to revolutionize the way the military (does) fuel operations in the future. When Soldiers arrive in theater, they will have what they need,” said Staff Sgt. Robert

Roberts, TACOM.

“It will interface with any existing Army or NATO fuel system,” said Mark Wolak, assistant acquisition manager for Petroleum and Water Systems. “We have two demonstrations that our equipment and technical manuals are sound. Now we can move forward; this was a wellness check,” said Wolak.

“This test is part of a lifecycle process. Our Reliability and Maintenance tests are coming to an end. This validates (that) we have quality equipment,” said Maj. Leon Williams, assistant product manager, modular fuel system, Petroleum and Water Systems.

“With (so many) units in theater, it has been difficult to find a unit to do this test (for us); the 68th volunteered for it. The 59th took care of us on this one,” Williams said.

“Yes, they were tremendous,” said Wolak.

After Soldiers successfully hot refueled two OH-58s simultaneously — in three minutes, 41 seconds — the aircraft lifted off, flinging a cloud of dust and tumbleweeds across the sky. The Soldiers squatted for cover, then let out a whoop of exhilaration: hot refuels and adrenaline go hand in hand — for Soldiers and civilian spectators.



*Spc. Scotty Smith, 59th Quartermaster Company 2nd Platoon Modular Fuel System operator, holds the “dead-man” switch and watches for the signal to cut off the fuel. Sgt. Rich McAuliffe, 2nd Platoon non-commissioned officer-in-charge, MFS operations, uses hand-and-arm signals to relay messages from the forward signaler, approximately 40 yards away.*

# Army wins 2006 Ironman competition

by Michelle L. Gordon

*Army News Service*

The Army once again took top honors in the Military Division of the Ironman World Championship in Kona, Hawaii, Oct. 21.

Most Soldiers consider themselves to be strong, but those chosen to compete this year needed more than physical strength to win. They needed to be Army Strong.

"Everyone shows up physically prepared," said team member Lt. Col. Heidi Grimm, World Class Athlete Program, Fort Carson. "So going in we knew the most important aspects to focus on were nutrition management, the climate and how we were going to respond to the mental challenges."

Grimm was part of the four-person Army team that participated in the military division of the competition. Every year each service sends a team composed of three men and one woman to the annual event, and even though Grimm was honored to be part of the team, she knew there would be extra pressure to win this year because the Army took top honors last year.

"We had to maintain the team trophy and we knew the Air Force brought a strong team," she said. "We

also knew they would probably be our biggest contenders, which they were."

Composed of three events, the triathlon began with a 2.4-mile swim through the Pacific Ocean, followed by a 112-mile bike ride and a 26.2-mile foot race. Having competed in more than 10 Ironman competitions, Grimm began preparing for the race weeks in advance, setting minimum standards for what she wanted to accomplish each week in order to be successful. However, her training could not prepare her for the unexpected.

"Within the first 50 meters of the swim I was kicked in the face and the left side of my goggles broke," Grimm said. "There were 1,700 competitors in the water so it was crowded. I didn't realize I had a gaping hole in my goggles until the next day. I just knew the seal kept breaking and I had to swim another two miles in the ocean with only one eye."

Grimm's broken goggle was not the only misfortune team Army faced during the race. Her teammates had struggles during the bicycle portion.

"(Maj.) Mike (Hagen of WCAP Fort Carson) had mechanical problems with his wheels and (Maj.) Matt (Lorenz of Fort Huachuca, Ariz.) had two flat tires," she said. "We lost some

time, but it's all part of the mental game; and going in you have to tell yourself that something is going to happen to everyone. It's all in how you handle it and soldier on."

Despite their challenges, Grimm attributes team Army's win to teamwork.

"We have a close-knit group with lots of energy and positive reinforcement," she said. "I have a great deal of respect for the guys on my team — both as Army officers and as my fellow

teammates. The fact that we finished first with all of our individual issues is a true testament to the caliber and experience of the athletes on our team."

Even though the 2006 Ironman World Championship may be over, Grimm hasn't stopped training. As a member of the Army World Class Athlete Program at Fort Carson, she is currently training for the Olympic trials and hopes to compete in the 2008 summer Olympics.



*Army News Service*

*The Army team took top honors in the Military Division of the Ironman World Championship in Kona, Hawaii, Oct. 21. The competitors were: Maj. Art Mathisen, Maj. Matt Lorenz, Maj. Mike Hagen and Lt. Col. Heidi Grimm.*

# COMMUNITY

## Making a difference

## Making a difference



United Services Automobile Association representatives spread gravel along the trail around Haymes Reservoir.



Members of the 360th Transportation Company install a new bench on the shore of Haymes Reservoir.



**Story and photos by  
Michael J. Pach**  
*Mountaineer staff*

Three hundred sixty-five volunteers helped clean up Womack and Haymes Reservoirs on post Saturday as a way to support our community on national Make a Difference Day. Volunteers included Soldiers and their families, Boy Scouts, United Services Automobile Association representatives, Air Force personnel and 30 members from the First Samoan Congregational Christian Church.

Volunteers started to arrive at 7:30 a.m. at Womack Reservoir and were treated to a breakfast of pancakes, sausage, eggs and fruit. Two buses transported about half the volunteers to Haymes Reservoir, where workers picked up trash, installed new barbecues and benches and performed maintenance on the trail that surrounds the reservoir. The same work was performed at Womack Reservoir, where volunteers also removed dried weeds and unwanted growth.

Volunteers returned to Womack Reservoir for pizza, hot dogs and hot wings. Army Community Service also conducted drawings for door prizes, and all participants received gift bags for their efforts.

*Volunteers are silhouetted against the morning sun as they work on the trail at Womack Reservoir.*



*Pvt. Justin Bagwell, right, of the 4th Engineers, looks on as Ellie Spiller, front, Joseph Moore and Kelli Barger, back, pack gravel on the trail at Womack Reservoir.*

**Left:** Volunteers wait for lunch to be served after working hard to clean up Womack and Haymes Reservoirs.

**Right:** Brian Lyall with Boy Scout Troop 164 enjoys a hearty breakfast after helping cook for the volunteers.





# Community briefs

## Miscellaneous

**Toddler Time** — Army Community Service's New Parent Support Program is sponsoring Toddler Time which includes games, crafts, songs and stories for ages 18 months-3 years on Thursdays from 10-11 a.m. until Nov. 16 at Family University, building 1161. Call 526-4590 to register between 8 a.m.-3:30 p.m. or leave a message at 526-6440.

**Fort Carson Restoration Advisory Board** — Invites the public to learn about on-post environmental restoration projects. The Nov. 16 meeting, at Elkhorn Conference Center, building 7300, 6:30 p.m., will serve as a public meeting for a Fort Carson-initiated Class 3 permit modification to the Fort Carson Hazardous Waste Permit. For more information call the Installation Restoration Program Manager at 526-8004.

**Special Education Advisory Council** — Parents, community members and school staff are invited to attend the Fountain-Fort Carson School District Eight SEAC meeting on Nov. 17 from 9-11 a.m., at Patriot Elementary School, 7010 Harr Ave., Fort Carson. Refreshments will be served. For more information and to RSVP, contact Peter Babeu at 382-1569 or [pbabeu@ffc8.org](mailto:pbabeu@ffc8.org).

**Motion for Moms** — A low-impact exercise class for pregnant and postpartum women, sponsored by Evans Army Community Hospital. Every Tuesday and Thursday, from 9-10 a.m., at the Garcia Physical Fitness Center. Call Rhonda Tulensa at 526-7030 for registration and information.

**Redeployed? Bootcamp for New Dads** — Preparing fathers and fathers-to-be for the challenges and joys of fatherhood. An exciting program developed and taught by dads; it is offered the first three Wednesdays of each month, from 11:45 a.m.-12:45 p.m. at the Family University, building 1161.

The first module is "Becoming a dad;" the second is "Caring for baby and hands-on training;" the third is "Caring for mom and graduation." Bring your own lunch. For more information call 526-4590.

**Job openings** — Fountain-Fort Carson School District Eight has openings for food service workers and delivery drivers. For more information call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

**Teen Scene** — Evans Army Community Hospital hosts a program for teenage mothers and moms-to-be the second Wednesday of each month in the third floor conference room. For more information call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

**Fort Carson community blood drive** — The Bonfils mobile bus will be at the main Fort Carson Post Exchange, Nov. 11 from noon-4 p.m. For more information or to schedule an appointment, contact the Bonfils appointment center at (800) 750-4482, extension 1.

**No physical training zone** — The area under construction, north of Ranges 69 and 5, should not be used for any training at any time. Construction is under way. The area is bracketed to the north by Khe Sahn Street, to the east by Barkeley Avenue, and to the west by Brown Road, Titus Boulevard and Specker Avenue.

**Celebrate Veterans Day** — with the Falcon Wanderers of Colorado Springs. They will host a five- and a 10-kilometer Volksmarch, Nov. 11. The route starts and ends at the Police Operations Center, corner of S. Nevada Avenue and Rio Grande. Register anytime between 8:30 a.m. and noon and walk at your own pace. Dogs and children welcome. Participants will receive a Veterans Day

commemorative patch. For more information call 648-9015, 499-8160 or 667-5662.

**Fort Carson fire department** — will conduct a prescribed burn program, in accordance with permits issued by the Colorado Department of Public Health and Environment and in coordination with the El Paso County Department of Health and Environment, continuing into December, weather permitting.

For more information contact the Fort Carson Public Affairs Office at 526-1264/4113. After hours contact the 24-hour Emergency Operations Center at 526-5500 and ask for the on-call public affairs officer.

**Directorate of Environmental Compliance and Management** — Building 6287, near Prussman and Mekong, is being dismantled and demolished and will continue until Dec. 31. Stay out of the area and do not park within 100 feet of the building. Contact Eldon Granger at 526-1687 for further information.

**Child and Youth Services, Caring Saturdays** — Free child care for families of deployed Soldiers is offered the first and third Saturday of each month, from noon to 7 p.m., in the East Child Development Center, building 6058. Families must bring a copy of their sponsor's deployment orders and their child's up-to-date immunization record. For reservations call 524-4218. For further information call 526-1101.

**Thrift Savings Plan maximum contributions** — The Internal Revenue Service's 2006 annual TSP limit is \$15,000. Check your TSP year-to-date contributions under the "Deductions" section of your Leave and Earnings Statement. The TSP Fact Sheet, "Annual Limits on Elective Deferrals," describes the limits in detail and how they affect TSP contributions for Federal Employees Retirement System employees. Go to [www.tsp.gov/forms/oc91-13w.pdf](http://www.tsp.gov/forms/oc91-13w.pdf) or [www.abc.army.mil](http://www.abc.army.mil) or call Army Benefits Center, toll free at (877) 276-9287 for further information. Numbers for overseas or hearing impaired customers can be found at [www.abc.army.mil/Information/ABCGeneral/Information/ABCMenu.htm](http://www.abc.army.mil/Information/ABCGeneral/Information/ABCMenu.htm).

**An Adoption Fair** — will be held Nov. 14 at Armed Services YMCA, 2190 Jet Wing Drive, from 9 a.m.-1 p.m. Topics will include: local and infant open adoption, foster adoption, interstate adoptions, international adoptions services, financial/military information and adoptive parent forum.

For more information and to sign up by Thursday, call Peterson Air Force Base at 556-6141, Schriever Air Force Base at 567-9380, United States Air Force Academy at 333-3444 or Fort Carson's Army Community Service at 526-4590.

**Evans Army Community Hospital** — The correspondence division of the Patient Administration Department will be closing Thursdays from noon-6 p.m. Release of information requests will not be taken during this time. This will create faster turn-around time for copies of records.

**Sewing/quilting opportunity** — Learn to sew or share your quilting experience the first, third and fourth Wednesday of each month from 9 a.m.-noon at Colorado Springs First Baptist Church. Free babysitting and lunch are provided. Call 578-0746 or 598-0993 for more information.

**Pikes Peak Region Peace Officers' Memorial** — Donations are needed to build a memorial in America the Beautiful Park to honor local police officers who have made, and who will make, the ultimate sacrifice. This includes Department of the Army Police and Military Police from Fort Carson. For more information call 524-4411/4413/4415 or 526-2053.

**ARMY COMMUNITY SERVICE**  
AGS  
Real-Life Solutions for Successful Army Living

**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

## Reunion BRIEFINGS



Reunion briefings can also be scheduled for specific units or FRG's by contacting your Unit Service Coordinator (USC) at (719) 526-4590.



## For dates & times call, (719) 526-4590.

**Ongoing road closures** — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

**Construction warnings** — Repaving of the parking lot between buildings 6222 and 6236 and the connecting driveway began Oct. 24 and will continue, weather permitting, for about three weeks.

Patrons are reminded that ignoring barriers or encroaching on the contractor's work site may result in ticketing and towing.

Repaving of the large parking lot south of buildings 1010-1013 began Monday and will continue until the end of November, weather permitting.

Patrons are reminded that during construction, the parking lots are the property of the contractor and detour signs should be honored and alternate parking spaces should be used.

**Claims against the estate** — Those with claims of indebtedness to the estate of Sgt. Norman Taylor, deceased, should contact 2nd Lt. Aaron Earls at (270) 505-0107.

Those with claims of indebtedness to the estate of Staff Sgt. Ryan Haupt, deceased, should contact 2nd Lt. Nick Piergallini at (610) 217-7241.



# Trojan Marching Band competes in state finals

by Jeri Gallus

*Fort Carson family member*

The Fountain-Fort Carson High School marching band traveled to Fort Collins for the Colorado Bandmaster's Association 4A State Marching Band Championships Oct. 21.

In order for the Trojan Band to compete at the state level, it first had to compete at the CBA Regional Championships held Oct. 11. The Trojan Band placed third in the Southern Region, which gave them a fifth seed in the overall state competition, and they received a bye to the semi-finals. In the week prior to the state competition, the Trojan Band also competed at a very cold March of Champions held Oct. 18, at which the band placed first.

The Trojan Marching Band is under the direction of Randal Rabito. Rabito took over the band program at Fountain-Fort Carson High School in 2004. In the last three years, the Trojan Band has steadily improved, coming from being ranked 19th out of 28 schools in the state of Colorado last year, to placing eighth in the state this year. This is the first time in the history of the Fountain-Fort Carson High School that the Marching Trojans have been to the state competitions.

"It was the hard work and dedication of the band members, band boosters and parents that made this year the success that it was, and I am very proud of each and every one of them," said Rabito.



Photo by Julie Jones

*Fountain Fort-Carson High School marching band members, from left, Veronica Lothar, Erinn Flarharty, Chris Alderman and Matt Conroy, prepare to perform in the band competition.*

## Motion for Moms:

# Belly dance your way to fitness

Story and photos by  
Rebecca E. Tonn

Mountaineer staff

Belly dancing and pregnancy might seem like an odd combination, but it is one of many types of exercises offered for pregnant and postpartum



Esther Foster, right, five months pregnant, shows Claudia Lopez, three- months postpartum, some belly-dancing moves.

moms at Fort Carson's Garcia Physical Fitness Center.

The class is sponsored by the Obstetrics and Gynecology Careline of Evans Army Community Hospital and taught by Rhonda Tulensa, who is an on-staff registered nurse at Evans, a certified group-exercise instructor and certified pregnancy-fitness instructor.

The class accommodates women throughout pregnancy and several months postpartum. As long as a woman feels OK and is not considered high risk by her doctor, she is welcome, said Tulensa.

"Motions for Moms differs from regular exercise classes because the intensity is decreased. We take frequent breaks, and (during the breaks) we discuss pregnancy-related issues. The ladies are wonderful. Each one brings her own unique (contribution) to the class," Tulensa said.

Exercise during pregnancy helps with overall body toning and maintaining weight, and it lowers the risks of chronic illnesses, such as gestational diabetes or pregnancy-induced hypertension, according to Tulensa.

Each month, she features a different exercise. Upcoming months will include: Polynesian dancing, mall



The Motion for Moms class enjoys learning pregnancy-friendly belly-dancing techniques.

walking and Zumba — Latin aerobics. Each session also varies. Some days the women chat and swap stories while walking on treadmills; other days they walk stairs, use the exercise balls or do floor exercises on mats.

"We keep it from being tedious — we are here to have fun," said Tulensa.

Small children join their moms for class with crayons, coloring books and snacks in tow. Newborns sleep in their car seat carriers, while postpartum moms stretch and exercise.

"We have so much positive support from the gym staff. They are awesome. They set up our equipment, keep our

room clean and interact with the ladies (before and after class). It is a comfortable environment," Tulensa said.

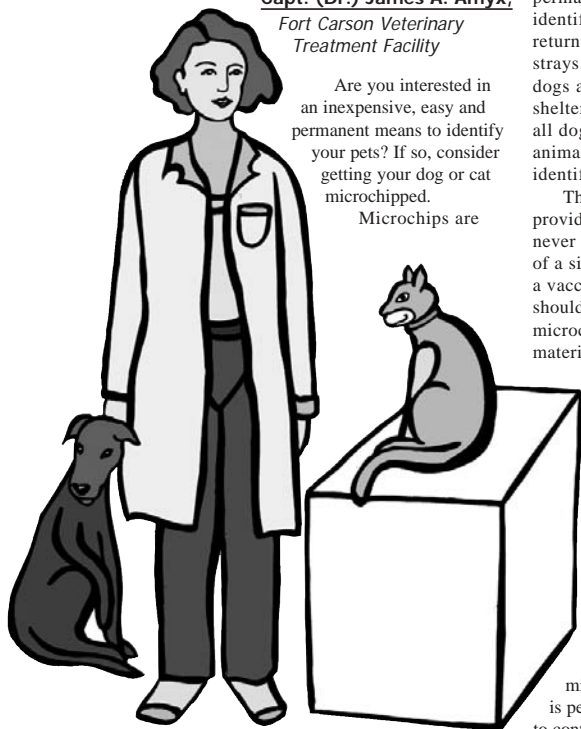
Classes are every Tuesday and Thursday from 9-10 a.m. at Garcia PFC, building 1856, on Porter Street. After registering, moms can attend any classes they choose. After class on Tuesdays, the moms and children make no-sew baby blankets and some make matching pillows to send to Soldiers who are deployed. Call 526-7030 for registration and information.

# Veterinary Treatment Facility offers microchipping of pets

**Capt. (Dr.) James A. Amyx,**  
*Fort Carson Veterinary  
Treatment Facility*

Are you interested in an inexpensive, easy and permanent means to identify your pets? If so, consider getting your dog or cat microchipped.

Microchips are



permanent, safe and efficient means to identify your animal and help ensure the return of the animal if it becomes lost or strays. Approximately 14 million stray dogs and cats are euthanized at animal shelters each year. Only 10 percent of all dogs and cats that are presented to animal shelters actually have collars with identification tags.

The microchip that Fort Carson clinic provides is safe and permanent and can never be altered. The microchip is the size of a single grain of rice. It is injected like a vaccine underneath the skin between the shoulder blades of the animal. The microchip is made of a biocompatible material that will not harm the animal and

has an anti-migration cap that prevents it from migrating to other areas of the body. All dogs and cats older than 6 months of age can be microchipped. The microchip is encoded with a unique 10-digit code that is read by a hand-held scanner. Most of the Armed Forces veterinary treatment facilities and animal shelters possess scanners. This assures that your pet can be identified even if it loses its collar or tags.

By implanting your pet with the microchip, you can assure that your pet is permanently identified without the need to continually change tags. This registry

covers all 50 states, Europe, Canada and all Department of Defense overseas duty sites. The information about your pet can be changed in the data base at any time at no charge for active duty military personnel.

While living on Fort Carson it is mandatory that all residents register all pets with the Fort Carson Veterinary Treatment Facility. All pets are required to have their vaccines updated annually and have a microchip identification implant. All these steps are vital to pets being returned to owners, should they run away.

Stray animals found on Fort Carson are brought to the Fort Carson VTF stray facility. Once they arrive they are scanned for microchips and the staff tries to locate the animal's owner. After three business days, animals that cannot be identified and claimed become the property of the Fort Carson VTF. Once this happens, the previous owner loses all rights to the animal. The animal is either sent to the Pikes Peak Humane Society, adopted or, on very rare occasions, humanely euthanized. We encourage pet owners to take an active role in finding their pet if it becomes lost by searching for their pet and by calling the VTF.

Microchips can be implanted by the Fort Carson VTF during our regular clinic hours by appointment. The current cost for implanting the microchip is \$20. For more information on microchips, or to schedule an appointment, call the VTF at 526-3803.

# Fall back on God's wisdom

by Chap. (Lt. Col.) Greg Borden  
*U.S. Army Garrison, Fort Carson*

Each year about this time we set our clocks back an hour so that we can have more light-filled days. The way most of us remember to do that is with the "fall back" slogan. Time for most Americans is important. We are so busy doing things that our days are packed with events and projects.

In the town hall in Copenhagen stands the world's most complicated clock. It took forty years to build at a cost of more than \$1 million.

That clock has 10 faces, 15,000 parts and is accurate to two-fifths of a second every 300 years.

The clock computes the time of day, the days of the week, the months, the years and the movements of the planets for 2,500 years.

Some parts of that clock will not move until 25

centuries have passed.

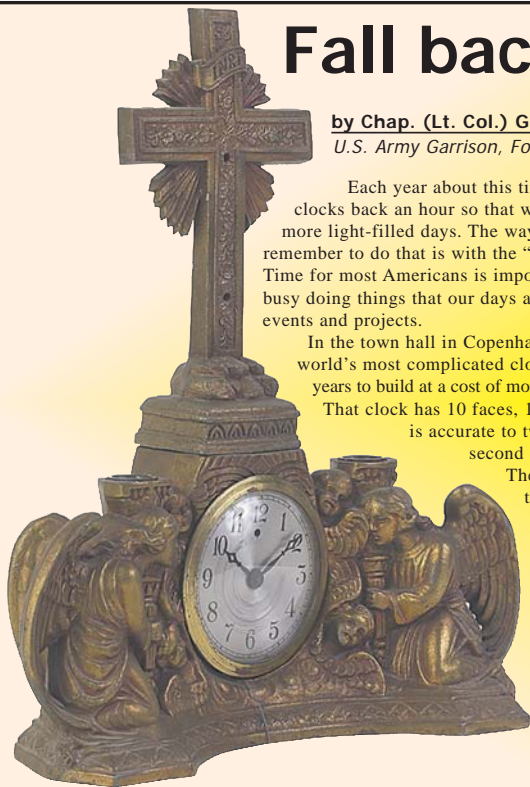
What is intriguing about that clock is that it is not accurate. It loses two-fifths of a second every 300 years. Like all clocks, that timepiece in Copenhagen must be regulated by a more precise clock, the universe itself. That mighty astronomical clock with its billions of moving parts, from atoms to stars, rolls on century after century with movements so reliable that all time on earth can be measured against it.

From time to time we have to "fall back" to regroup and refocus on the important things in life. The Army has a great way of prioritizing. Each unit has a METL. That stands for Mission Essential Task List. The Soldiers are successful when they accomplish their METL effectively. When we know what our mission or purpose is, it is much easier to focus and accomplish it successfully.

In our modern world we have Global Positioning Satellites, computer technology and other telecommunication devices, to assist in keeping us on time and in the right place. God has given some practical guidelines to fall back on when unexpected events invade our lives.

Wise King Solomon wrote in the Bible, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."

It's time again to fall back on practical words from God. See you in the light!





## Chapel

### PWOC fall studies — Protestant Women of the

Chapel meet Tuesdays from 9-11:30 a.m. at Soldiers' Memorial Chapel. Child care is provided free at the hourly day care center. Children must be registered with Child and Youth Services. Fall studies are under way and include several selections. Contact Amy West for information on child care at 393-1390. For information on PWOC call Barb Styles at 598-0422. A special room for home-schooled children is also offered.

### "Wilderness Trail" Protestant Sunday School Classes — With the theme of "Respect," classes

will study Bible stories while having fun with music and games. Classes for all ages are each Sunday 9:30-10:30 a.m. at Soldiers' Memorial Chapel, building 1500. This year's program is musical, energetic and fast paced.

**"Christmas Around the World" —** The Protestant Sunday School is preparing for a special Christmas event. Children are needed for many roles. Sign-up after Sunday School or the Protestant Worship Service.

**AWANA —** Because children matter to God! What is influencing your children? Today's children are influenced by so many things — the media, their friends, school and video games. AWANA teaches that God is real and loves them. AWANA clubs give clear guidance in a world full of conflicting messages. AWANA is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ, and train them to serve. AWANA on Fort Carson is sponsored by the Fort Carson Chaplain Program and meets Thursdays at 5 p.m. at Soldiers' Memorial Chapel. Volunteers are needed, call Stacy Chapman at 382-3970.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCLIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fritts/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Fritts/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

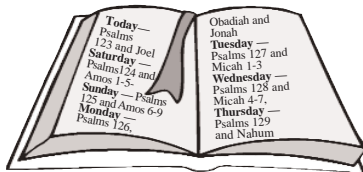
### WICCA

building 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177; or Zoe Goodblanket/442-0929. The next lodge is Sunday at noon.

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



**The Army Cycle of Prayer —** Please pray this week for the following:

**Unit:** For the Soldiers, noncommissioned officers, and officers of U.S. Army Reserve's 91st Division (Training Support), headquartered at Fort Baker, Calif.

**Army:** For the men and women of the U.S. Army Central Identification Laboratory, Hawaii, in their mission to search for, recover and identify personnel unaccounted for from WW II, the Korean War, the Cold War and the Vietnam War.

**State:** For all Soldiers and families from the state of New Mexico. Pray also for Gov. Bill Richardson,

the state legislators and local officials of the "Land of Enchantment."

**Nation:** Pray with thanksgiving for God's blessing on our nation's veterans as we celebrate Veterans Day, Nov. 11, for Jim Nicholson, Secretary of Veterans Affairs, and for the VA's efforts to serve and support our veterans and their families.

**Religions:** For Soldiers who are deployed around the world standing guard for freedom and democracy. Pray also for family members during periods of separation.

For more information on the Army Cycle of Prayer visit the cycle's website at [www.usarmychaplain.com](http://www.usarmychaplain.com).

# November is American Diabetes Month

**by Amanda Taylor,  
RD, LD, CDE**

*Registered dietitian, Evans Army  
Community Hospital*

For many people, November is associated with the beginning of another holiday season. It is often forgotten that this is also the month for recognizing a disease that currently affects nearly 21 million U.S. children and adults. It is the fifth deadliest disease in the U.S. This disease is known as diabetes.

While an estimated 14.6 million people have been diagnosed with diabetes, another 6.2 million people are unaware they have the disease. A newer diagnosis exists that is referred to as pre-diabetes. It is estimated that 54 million Americans are pre-diabetic, in addition to the previously stated 20.8 million people with diabetes.

Pre-diabetes is diagnosed when a person's blood sugar is higher than normal when tested, but not high enough for a diagnosis of type-2 diabetes. Recent research shows that some long-term damage to the heart and circulatory system may already be occurring during pre-diabetes. Research also shows that if you take action to manage your blood sugar

when you have pre-diabetes, you can delay or prevent the onset of type-2 diabetes. Here are some tips for making healthy changes for the whole family:

- Choose high fiber grains instead of processed grain products — try bran flakes or oatmeal for breakfast instead of processed cereals.
- Choose water and calorie-free diet drinks instead of regular soda, fruit juice and other sugar-sweetened drinks.
- Cut back on high-calorie snack foods such as chips, candies and cookies.
- Eating too much of any food can result in weight gain. Watch your portion sizes. Suggested: three ounces of meat, one-half cup of starch and one cup of vegetable at dinner.
- Increase your daily physical activity level.

All of these changes will also help to facilitate weight loss, which in turn helps to keep blood sugar levels within desirable limits. The Diabetes Prevention Program study concluded that just 30 minutes per day of moderate physical activity, coupled with a 5-10 percent reduction in body

weight, resulted in a 58 percent reduction in diabetes. So, if you currently weigh 200 pounds, a modest 10-20 pound weight loss and frequent activity can help prevent type-2 diabetes.

There are a couple of different tests that your doctor can perform to check for pre-diabetes. You should consider speaking with your primary care provider to discuss these tests if any of the following statements can be applied to you:

- Your ethnic origin is of African American, Hispanic, American

Indian, Asian American or Pacific Islander descent

- Your body-mass index is greater than 25
- You are 65 or older, or under 65 but get little or no exercise
- You have a parent or sibling with pre-diabetes or diabetes
- You are a woman who has given birth to a baby weighing more than 9 pounds at birth

For more information, check out the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org).

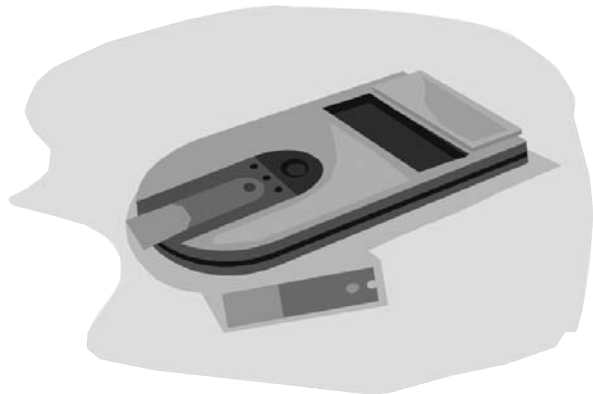




Photo by Rebecca E. Tonn

## Your mayors in action

*Village mayors and deputy mayors attend a monthly mayoral meeting Oct. 18, at The Family Connection, to discuss issues in village communities. The meeting was hosted by Joey Bautista, Army Community Service mayoral program coordinator, and attended by Lynn Rivera, GMH Military and Family Housing community manager, Pat Randle, ACS program director of financial readiness, Garrison Commander Col. Eugene Smith, Ruth Mixon, Mary Barber, deputy director of the Directorate of Environmental Compliance and Management and Sgt. Kenneth Pettis, operations sergeant of the Provost Marshal's Office.*



Photo by Nel Lampe

## Ski Expo

*Outdoor Recreation held its first Ski Expo Saturday at the Outdoor Recreation Complex. Spc. Ben Gilmore, 2/23 Medical Detachment, right, gets advice on ski equipment from Dave Bumgarner, left, as he shops the "Ski Swap" room at the expo. Gilmore won a pair of ski gloves at one of the giveaways at the expo. The Ski Expo drew hundreds of wannabe skiers who shopped for equipment and bought ski passes.*

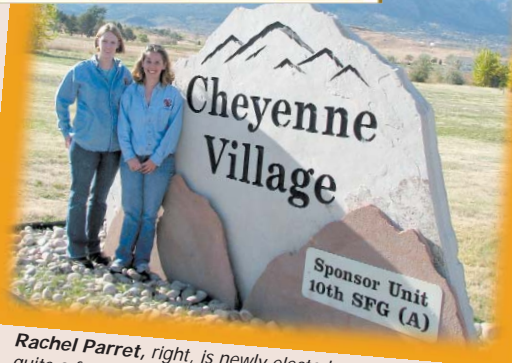
# Meet the mayors



**Tea-Ko Tran**, center, whose name is misspelled on the sign, is a re-elected mayor. "Last year I really wanted to make a difference in our village. Now that the lights are fixed, the sidewalks have been cut for handicap access, and I have more help, I want to have a great season and plan a party," Tran said. Tran can be reached at 576-2581 or [thnt@aol.com](mailto:thnt@aol.com).

**Amanda Clingerman**, left, is a recently-appointed deputy mayor. "I love being able to go around and meet the residents. I like to know I'm helping the people in my community. I really enjoy being in the mayoral program," Clingerman said. Clingerman can be reached at 559-8722 or [Amanda\\_jns@yahoo.com](mailto:Amanda_jns@yahoo.com).

**Mary Moore**, right, is a newly-appointed deputy mayor. "I'm looking forward to getting to know the residents of Shoshoni village and doing what I can to make their stay at Fort Carson a good one," said Moore. Moore can be reached at 579-9743 or [Mary.a.Moore1@us.army.mil](mailto:Mary.a.Moore1@us.army.mil).



**Rachel Parret**, right, is newly elected as mayor. "We met quite a few people while planning our fall festival. A 'thank-you' to everyone who helped out with planning the event and passing out fliers," Parret said. Parret can be reached at 559-8895 or [rachparret@yahoo.com](mailto:rachparret@yahoo.com).

**Tammy Romesha**, left, is a newly-appointed deputy mayor. "We had a good turnout, with a lot of kids, at our fall gathering Oct. 27. We hope to continue with village events and get people more involved with our community," Romesha said. Romesha can be reached at 559-5016 or [tromesha@hotmail.com](mailto:tromesha@hotmail.com).





Children enjoyed exploring the helicopter when Flight for Life visited the fire department's October open house.

After helping children aboard an antique fire truck, a fire-fighter jumps on board for a ride.



A firefighter helps children in and out of a jump castle at a recent open house.



# Not just fighting fires



After using the Jaws of Life, firefighters extract a dummy from a crushed vehicle, at an extrication demonstration.

**Story and photos by Rebecca E. Tonn**  
Mountaineer staff

Your Fort Carson firefighters do much more than put out fires. They can be seen around the post, helping Soldiers, civilians and children.

Each year they participate in several fundraising events for local and national charities and organizations.

In 2006, they won the award for raising the most money, with their chili cook-off, for Muscular Dystrophy Association. And this December they will again buy gifts for needy children at Christmas.

"I donate \$20 for every guy who shaves his head for Saint Baldrick's (fundraiser)," said Fire Chief Michael Harris.

For Fire Prevention Week, they went to all Fort Carson elementary schools and child development centers to demonstrate "Stop, drop, cover your face and roll." They also donned their bunker gear and

full-face helmets for the children, to show them what firefighters look like in full gear, so the children would not be scared if they ever had to be rescued.

Fort Carson Fire and Emergency Services hosted an open house at the main fire station, Oct. 14. The open house was such a success that it may be turned into an annual event, said Dave Colmus, fire inspector.

"Half of the food was donated by AAFES (Army, Air Force Exchange Service) and MWR (Directorate of Morale, Welfare and Recreation). It (the open house) had an outstanding turnout," Colmus said.

Harris sees firsthand what firefighters do to boost morale and aid the community.

"(There was) a woman who was paraplegic and lived on post (whose husband was deployed); they built a ramp and shelves for her, went grocery shopping for her and cut the grass. That's what these guys do. I treat them with respect; it's a

natural chain reaction — they go out and treat other people well," said Harris.

Each group of a unit that redeploy to Fort Carson is greeted by two fire trucks at Gate 1. They spray a double arch of water across the round-about for the buses to drive under, and their sirens sound a loud "welcome home" to the troops.

"Us getting up in the middle of the night (to welcome the Soldiers home) is nothing compared to what the Soldiers do (for our country). And the sacrifices the families are making are as great if not greater," said Bill McLaughlin, firefighter and emergency medical technician, as he waited in Engine 34, across from Engine 31, at Gate 1, to perform the honors for the homecoming of the 10th Combat Support Hospital, Oct. 14.

The firefighters will be busy in upcoming weeks, as the 3rd Heavy Brigade Combat Team returns in over a dozen waves, before Thanksgiving. "It's an honor to do it for them," said McLaughlin.



# Out & About

November 4 - 10, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

## Now Showing FREE Sunday Movies

### Sunday - November 5th:

Cheaper By the Dozen 2 (PG) at 1 p.m.  
Mission: Impossible III [presented in HD] (PG-13) at 4 p.m.

### Sunday - November 12th:

Madagascar (G) at 1 p.m.  
Firewall [presented in HD] (PG-13) at 4 p.m.

### Sunday - November 19th:

Elf (PG) at 1 p.m.  
The Polar Express (G) at 4 p.m.

**Freedom Performing Arts Center**  
Building 1129  
Corner of Specker and Ellis Ave.  
For more information:  
**526-1867**



**Freedom Performing Arts Center**  
Wednesday, 15 November 2006  
starting at 5 pm

presented by:

**INTEGRITY**  
HOME THEATER

Don't miss this educational seminar on home theater technologies! Topics we will cover include front projection, rear projection, and flat panel televisions, plus surround sound systems and overall home theatre design.

For more information, call 526-1867  

## Military Family Appreciation Week November 18-22

### Free Bowling All Week!

Kids up to age 18 • three game limit • shoe rental \$1.50

### Recreation Activities

17 Nov. - Grant Library: Snuggle-up Storytime - 6:30 pm  
18 Nov. - Smith Craft Center: Gel Candle-making class - 10:30 am - 3:30 pm  
18 Nov. - Outdoor Recreation / APE Copper Mountain Ski Trip - 5:30 am  
18 - 26 Nov. - Grant Library: Video Messenger is available by appointment  
19 Nov. - Loveland Ski Trip - 5:30 am

### Free Family Movie Night!

18 Nov. - Youth Services Center, Bldg. 5950 on Ware St.  
Call 526-4494 for details

**526-4494**



A Window of Opportunity  
for Child & Youth Services



## FORT CARSON YOUTH SPORTS USBC Youth Bowling League

Registration continues through November 2006  
USBC Youth Membership is included with CYS registration fee\*

### League Information:

Ages: 5-8, 9-11, 12-14, 15-18

Dates: League begins 4 November and games  
will be bowled each Saturday

Location: Thunder Alley Bowling Center, Building 1511

Time: 10 am - 12 pm (practice begins at 9:50 am)

Cost: \$6 per week (includes 3 games)

For more information, please contact the Youth Sports Office: 526-1233

\*All participants must be registered with Child & Youth Services:  
CYS Central Registration • Building 1518 • 526-1100/1101

1675 Ellis St., Building 1217 • Fort Carson, Colorado 80913 • (719) 526-4188 • (719) 526-1100 • (DSN) 691-4188  
<http://community.carson.army.mil/cys>





# Halloween, Fort Carson style

**Below:** Volunteer Meghan Schiavo, 13, paints a butterfly on the face of Jubilee Murphy, 5. The Protestant Women of the Chapel and Soldiers' Memorial Chapel sponsored Hallelujah Fun Night at the Youth Center, Sunday. Fifty volunteers, from Protestant services, Catholic services, family readiness groups and Judge Advocate General, assisted, said Susan Sims, special events coordinator for PWOC.



**Left:** Trevor Raue, 3, throws the ball toward the bowling pins, after a little coaching from his mom Jennifer at the Youth Center Tuesday during Harvest Fest, sponsored by Child and Youth Services.

**Right:** Zachary Drennan, 6, lifts the biggest pumpkin he can find, at a GMH Military Family Housing pumpkin giveaway, Oct. 27, in Ute Hill. "The children were excited when they found out they were free," said Mark Browning, outreach coordinator for GMH. "Mike Hirakata, of Rocky Ford, donated 2,500 pumpkins ... to give back to the troops for their service," said Browning.





Photos by Nel Lampe

## The eagle has landed

**Above:** An eagle sculpture by artist Charles Green was unveiled Oct. 27 at Carson Middle School with school and district officials and the student body in attendance. Money for the school's mascot sculpture was raised by teachers, students and supporters, with donations from Outback Steakhouse and the Fort Carson Officers Spouses' Club.

**Left:** Following the eagle unveiling, as a part of Red Ribbon Week, members of the 148th Military Police Company demonstrated Military Working Dog Rex's ability to sniff out drugs. Then Staff Sgt. Mario Beldiman, along with Rex, demonstrate how a military working dog subdues a "suspect." Sgt. Don Cavendish, wearing heavy padding, plays the part of decoy.



# SPORTS & LEISURE

## Interservice competition begins here Sunday



All-Army player Eric White, right, posts up a player from Buckley Air Force Base during one of the team's scrimmages leading up to Sunday's tournament.

**Story and photos by  
Walt Johnson**

*Mountaineer staff*

Teams representing the Army, Navy, Air Force and Marines have arrived at the Mountain Post to participate in the 2006 interservice basketball championships at the Special Events Center on post.

The Army team has been training here since the beginning of October as it hopes to end the year long run by the Navy and return the gold medal to the Army. Air Force has also been training in Colorado for the tournament, at Buckley Air Force Base in Aurora.

An ice breaker will kick off the tournament festivities at 6:30 p.m. on post. The ice breaker is designed to help the team's get to know each other before the action begins Sunday afternoon.

Last year the tournament wasn't decided until the final games when Navy defeated Army and the Air Force defeated the Marines to give the Navy the championship and Air Force second place. This year should be just as close and exciting a

tournament with a lot of new faces and fresh approaches to winning. Army will be led by first-time coach, Tony Brown who feels good about his team and its chances of winning in front of the home-town crowd.

The schedule for the games will be as follows: Nov. 5, 12:30 p.m., Marines vs. Navy and 20 minutes after the conclusion of that game, Army vs. Air Force. Nov. 6, 4 p.m., Air Force vs. Marines and 20 minutes after the conclusion of that game, Navy vs. Army. Nov. 7, 4 p.m., Air Force vs. Navy and 20 minutes after the conclusion of that game, Marines vs. Army. Nov. 8, 4 p.m., Air Force vs. Army and 20 minutes after the conclusion of that game, Navy vs. Marines. Nov. 9, 4 p.m., Army vs. Navy and 20 minutes after the conclusion of that game, Marines vs. Air Force. Nov. 10, 4 p.m., Army vs. Marines and 20 minutes after the conclusion of that game, Navy vs. Air Force.

The winner of the tournament will be determined by the team with the best record after the round-robin affair.



All-Army player Vernardo Harris blocks a shot attempt by an Air Force Academy Prep School player during a recent scrimmage.



All-Army player Russell Queener grabs a rebound during a recent scrimmage with the Air Force Academy Prep School.

## On the Bench

# Tail-kicking time takes on a whole new meaning now

by **Walt Johnson**  
*Mountaineer staff*

**It still stings like it was yesterday or like the first time your momma had to lay the strap to you for being hard headed.**

It was just over a year ago that your humble servant had to endure the most upsetting of happenings and a first time occurrence. Army brought a football team to Colorado Springs and for the first time in 28 years, Air Force fans had to watch as Army celebrated a victory over the Falcons here.

To say this was a major upset to Air Force fans would be putting it mildly. When Air Force fans arrived at the football stadium, the opinion was not if the team would beat the Black Knights but by how much the Falcons would beat Army. Not since 1996 at West Point had an Air Force team lost to Army. Air Force people never believed this day would be any different. The only thing that was on Air Force people's minds was celebrating another tail kicking over the Army. But alas, history will record

that the tail kicking on this date was handed out by Army and not taken by Army. So now the most recent renewal of the rivalry will occur tonight with the Falcons traveling to West Point to play at 6 p.m.

No longer can Air Force take it for granted that the Army team will roll over and play dead because the blue and silver enter the stadium. Now Air Force fans truly have to sit on pins and needles and wait to see how the game will turn out. Can Air Force avenge its loss to the Black Knights from last year? That remains to be seen. Both teams have been up and down this year so it should be a great game on the banks of the Hudson River.

Air Force people will be hoping the results of this year's game will not be a repeat of last year's tussle when Army came away with a win. This year we hope the tail-kicking tradition the Air Force established over the years returns. So, because I had to endure the indignity of recognizing an Army victory last year, I hope to cele-

See **Bench** on Page 35



Photo by Walt Johnson

## Coach of the Week

*Alex Spalloni, coach of the Ice 5-to-6 year old youth center soccer team stretches out with his team prior to Saturday's game.*



Photo by Walt Johnson

## End zone bound

*Taj Lewis, right, races to the end zone ahead of an opponent during youth football action Saturday at Pershing Field on post. The youth football and soccer seasons ended Saturday.*

## Bench

From Page 34

brate an Air Force victory in next week's edition of "On the Bench." Then, once again, Air Force people will be able to say, "Go Army and take Navy with you," because we are celebrating a tail kicking, not licking our wounds from getting our tails kicked.

**Rocky Mountain Sports Officials association is looking for a few good men and women who are interested in being sports officials.**

The association, which does the officiating for a lot of the military and civilian sports activities in Colorado Springs, is looking for officials who are interested in learning to be an official or who want to continue their career as officials. Anyone interested in becoming a member of the association should contact John Wyatt at 382-0199 or e-mail him at [tophoopref@adelphia.net](mailto:tophoopref@adelphia.net).

**A team that utilizes feats of strength to relay positive messages to people in churches, civic centers, stadiums, and coliseums nationally and internationally will hold a conference at the First Southern Baptist Church, 1409 Palmer Park Blvd., in Colorado Springs Nov. 15-19.**

The conference will feature athletes who have performed the world's greatest exhibitions of power, strength, speed, inspiration, and motivation in every state and in over 40 countries for almost 30 years according to Summer Williams, First Southern Baptist Church spokesperson.

The Power Team has several world record holders, former NFL football players, and professional wrestlers. They have been endorsed by ov more than

## Bench

From Page 35

50 governors, senators, and congressmen for their positive contribution to the lives of America's youth. The various members of The Power

Team are among America's most sought after speakers, encouraging people to live a life of excellence and challenging them to be the best that they can be.

**The Academy sports office has announced there will be complimentary tickets available to military enlisted members for the final Academy home football game and (in the sports of men's and women's basketball, hockey and volleyball).**

The complimentary tickets will be available for the activity that will be taking place during the current week's games. People at the Mountain Post that are interested in attending the games can call the Academy at 472-1895 and reserve tickets. There will be a limit of two tickets per person and the tickets are available on a first come first served basis. Tickets must be picked up 48 hours prior to the game and no tickets will be available once the 48 hour before game time deadline has passed.

Air Force's next home football game will be Nov. 11 when the Falcons will host the Notre Dame Fighting Irish at 2 p.m. No free tickets will be available.

This week's schedule of Air Force Sporting events will include: tonight and Saturday, Hockey against the Rochester Institute of Technology at 7:05 p.m. at the cadet ice rink.

Sunday at 2 p.m., the women's basketball team will take on Metro State in an exhibition game at Clune Arena in the Academy field house.



Photo by Walt Johnson

## Falcons fall

*Air Force quarterback Shaun Carney, 5, hands off to fullback Jacobe Kendrick during first-half action Saturday at Falcon Stadium. The Falcons lost to the Brigham Young Cougars 33-14. Today the Falcons are in West Point to take on the Black Knights of Army.*



## Mountaineer College Sports



### Racquetball tourney

*Members of the Mountain Post took part in the Red Ribbon Week racquetball tournament Oct. 24 through 26 at Forrest Fitness Center. After the exciting action was complete, Sammy Payne won top honors in the A Division. Carlos Alicea placed second and Dominic Black placed third. In the C Division, Jim Flagg was the first-place winner and Tomas Gonzales and Zeke Mazyck placed second and third, respectively.*

Photo by Walt Johnson

## Mountaineer Athlete of the Week



### Damion Dyson

**Sports position:** All-Army basketball team manager

**What got you started in sports?**

My father, William Dyson, got me started playing sports. He was a track man and he got me interested in the sport also. Track was really my main sport growing up. I also loved playing basketball when I was growing up.

**What is your proudest personal moment in sports?**

My best moment came when I ran at the Penn Relays in my junior year in high school. The Penn Relays are known all over the U.S. as one of the premier track events in the country. It's where the best runners go to measure themselves as athletes. I was just happy to be a part of an event like the Penn Relays and I did well.

**What is your best moment in professional sports and why?**

Being able to watch Michael Jordan play is one of the best professional sports moments for me. Watching Jordan win six championships in eight years is probably something that won't happen again. Also, watching my favorite team, the New York Knicks, make it to the championship game against Houston in 1994, even though they lost, was a proud moment for me.



## Mountaineer Fitness Feature



Photo by Walt Johnson

### Aerobics schedule

*Members of the Mountain Post take part in an aerobics workout Monday at Forrest Fitness Center. There will be a full schedule of aerobics classes at Forrest Fitness Center Saturday through Friday. There will be two classes today, yoga at 9 a.m. and kick boxing at 5:30 p.m. Saturday there will also be two classes, toning and spinning at 9:15 a.m. Monday there will be yoga classes at 9 a.m., spinning and 20/20/20 classes at 4:30 p.m. and a 20/20/20 class at 5:30 p.m. Tuesday with cardio mix at 9 a.m.; kick boxing at 5:30 p.m. and yoga at 6:30 p.m. Wednesday, the center will offer yoga classes at 9 a.m., 20/20/20 classes at 4:30 and kick boxing at 5:30 p.m. Thursday the center will offer cardio mix at 9 a.m. and yoga at 5:30 p.m.*

## Week 9 Football

### College

1. West Virginia vs. Louisville
2. Air Force vs. Army
3. LSU vs. Tennessee
4. UCLA vs. California
5. Virginia Tech vs. Miami
6. Arkansas vs. South Carolina

## Pigskin Picks



**Anthony Criner**  
**Retired**

1. West Virginia, 2. Air Force,  
3. LSU, 4. California, 5. Virginia  
Tech, 6. Arkansas 7. Bengals, 8.  
Falcons, 9. Rams, 10. Saints, 11.  
Cowboys, 12. Vikings, 13. Broncos,  
14. Bills, 15. Colts, 16. Seahawks



**Tiwanna Puryear**  
**Det 7 CAP-USAF**

1. West Virginia, 2. Air Force,  
3. Tennessee, 4. UCLA, 5. Virginia  
Tech, 6. Arkansas, 7. Ravens,  
8. Falcons, 9. Rams, 10. Buccaneers,  
11. Cowboys, 12. Vikings, 13. Steelers,  
14. Packers, 15. Patriots, 16. Raiders



**Salomon Trujillo**  
**2nd BDE, 91st (TS)**

1. West Virginia, 2. Army, 3. LSU,  
4. UCLA, 5. Miami, 6. Arkansas,  
7. Bengals, 8. Falcons, 9. Rams,  
10. Saints, 11. Redskins, 12. Vikings,  
13. Steelers, 14. Bills, 15. Colts,  
16. Seahawks



**Anthony Williams**  
**360th Trans Co.**

1. Louisville, 2. Army, 3. LSU,  
4. California, 5. Virginia Tech,  
6. Arkansas, 7. Bengals, 8. Falcons,  
9. Rams, 10. Saints, 11. Redskins,  
12. Vikings, 13. Steelers, 14. Packers,  
15. Colts, 16. Seahawks

### NFL

7. Bengals vs. Ravens
8. Falcons vs. Lions
9. Chiefs vs. Rams
10. Saints vs. Buccaneers
11. Cowboys vs. Redskins
12. Vikings vs. 49ers
13. Broncos vs. Steelers
14. Packers vs. Bills
15. Colts vs. Patriots
16. Raiders vs. Seahawks





# Buffalo Bill

Soldier, cowboy, scout,  
hunter, trapper, pony  
express rider, actor, writer  
and showman

by Nel Lampe

Mountaineer staff

**B**uffalo Bill, in his time, was the most famous American in the world. And that was way before television.

Buffalo Bill, whose real name was William F. Cody, gained his fame through his Wild West Show, which toured throughout America and Europe for 30 years.

Cody was a tall, handsome man, who sported a goatee and mustache, wore a big hat and fringed buckskin clothing. He could stand out in a crowd.

He had his first acting job when he was 26, when "The Scouts of the Prairie," based on a novel by Ned Buntline, was presented on a Chicago stage. Although critics panned his acting, Cody evidently caught the acting bug. The next year Cody started his own group of actors and presented a series of plays over the next 10 years.

Cody later conceived

the Wild West Show, which included hundreds of participants, including live animals. The show was a spectacle, intended to educate people about the settling of the West, but was also intended to entertain. The show included re-enactments of robberies of the Deadwood stage coach and pony express rides. The shows included cowboy skills, such as riding, roping and trick shooting. Shows were usually held outdoors and were attended by thousands. Cody's Wild West Show toured throughout the United States. Cody took the show on a four-year tour of Europe in 1889 and again in 1903.

Cody's Wild West Show came to Colorado Springs 11 times.

A new exhibit at the Colorado Springs Pioneers Museum features 16 of the original posters used to publicize Buffalo Bill's



Photo courtesy U.S. Army

William F. Cody served as a U.S. Army scout and was awarded the Medal of Honor.

Wild West Shows.

The heyday of lithographer's posters coincided with Buffalo Bill's show run. The colorful posters were the means for publicizing events such as the Wild West show and circuses. Posters were used as advertisements — the way to reach spectators and entice them to buy

tickets for an upcoming traveling show. Posters were meant to be used once. But, amazingly, some of the posters survived, and several examples of those original posters are displayed in the Buffalo Bill Exhibit at the museum, 215 S. Tejon.

See **Buffalo Bill** on Page 42

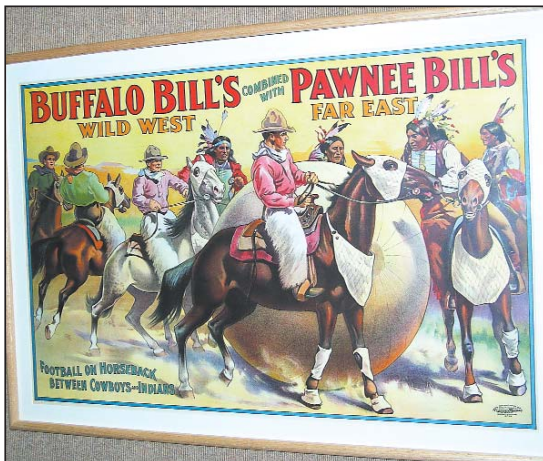


Photo by Nel Lampe

In an effort to improve attendance, Buffalo Bill incorporated new acts, such as a "football game" between the cowboys and Indians, in which the two teams pushed a large ball around the arena.



Photo by Nel Lampe

Colorado Springs Pioneers Museum, in downtown Colorado Springs at 215 N. Tejon, has a special exhibit on Buffalo Bill through Jan. 27.

# Happening's



Places to see in the Pikes Peak area.

Nov. 3, 2006

See more memorabilia in the Buffalo Bill Memorial Museum near Golden

## Buffalo Bill

From Page 41

The posters, on loan from the Buffalo Bill Museum and Grave in Golden, will be exhibited through Jan. 27.

Posters in the exhibit depict the sharp shooting of Annie Oakley and Johnny Baker and a game of "football" on horseback. In addition to the posters, genuine artifacts belonging to Buffalo Bill are also displayed.

The Colorado Springs Pioneers Museum is open Tuesdays through Saturdays, from 10 a.m.-5 p.m. and is free. Guided tours of the Buffalo Bill exhibit are at 10:30 a.m. on second and fourth Saturdays.

Before Cody became a celebrity and household name in the U.S., before he was the guest and friend of queens, kings and presidents, Cody lived an adventure-filled life.

The Buffalo Bill Museum in Golden is a great place to find the rest of the story.

Cody took his first job at the age of 11, herding cattle and working on a wagon train. He crossed the plains several times, became a trapper, herded cattle and tried gold mining before he was 14. When he saw an advertisement for "skilled, experienced riders willing to risk death daily," he took the job — with the pony express. He rode the longest pony express ride on record. At 17 he joined the Seventh Kansas Volunteer Cavalry and later was a buffalo hunter with the Kansas Pacific Railroad. Cody earned the nickname "Buffalo Bill" when he won a hunting contest.

Cody later became an Army scout and

was awarded the Medal of Honor in 1872.

Cody came into fame when a series of stories about him ran in a New York newspaper. He was featured in small books about the Old West, called "dime novels." He even wrote a few books of his own, telling of his adventures.

Then came his acting opportunity and later, his touring show.

Buffalo Bill's Wild West Show featured such Westerners as Annie Oakley, Iron Tail, who was the model for the Indian chief depicted on the popular buffalo nickel coin and Chief Sitting Bull. But the audiences especially liked watching Buffalo Bill, a great marksman, show his skills.

Cody earned millions, but lost it through poor investments. In later years, he merged his shows with other traveling shows, trying to stay in business. The show finally was seized in Denver in 1913 for debts.

When Cody died in 1917, he was buried at Lookout Mountain near Golden. A crowd of 20,000 mourners attend the funeral.

Baker, who was with Buffalo Bill since he was 9 years old, started a museum near the gravesite. He used his own collection of artifacts for the museum. Other performers and Cody's widow also donated items to the museum.

Visitors to the museum are rewarded with a rich collection of posters, costumes, historic items and memorabilia from Buffalo Bill's life and the Wild West Show. Exhibits follow the events in Buffalo Bill's colorful life.

More than a quarter-million people visit the Golden museum

**Left:** Buffalo Bill's boots and other memorabilia are in the special exhibit at the Pioneers Museum.

**Below:** Buffalo Bill's Wild West is a special exhibit in the Pioneers Museum through Jan. 27.

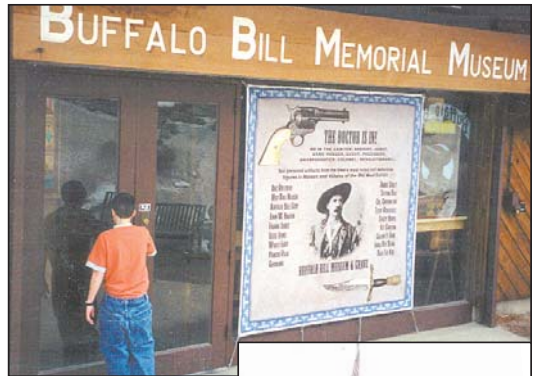


Photo by Nel Lampe

The Buffalo Bill Memorial Museum is on Lookout Mountain, near Golden.



Photo by Nel Lampe

Buffalo Bill's grave is next to the Golden museum on Lookout Mountain.

each year. Pahaska Tepee, where the museum was originally located, is next door to the museum and is now an extensive gift shop. Several rooms are filled with Western-style souvenirs, as well as reproduction posters from the Wild West Show. There are also T-shirts, cups, figurines, hats, lamps, rugs, desk sets and toys.

The gravesite, marked with an iron picket fence, is nearby.

The museum and grave are located at 987 1/2 Lookout Mountain Road in Golden.

From Fort Carson, go north on Interstate 25 to I-70 west. Take exit 256 and follow signs about four miles to "Buffalo Bill Grave." It's about a 30-minute drive from Denver. There's free parking at the museum.

Admission is \$3 for adults and \$1 for children. During the winter the museum is closed on Mondays and Christmas. It is open from 9 a.m. until 4 p.m.

In summer, the museum is open daily from 9 a.m.-5 p.m.



Photo by Nel Lampe



Photo by Nel Lampe

### Just the Facts

- **Travel time:** 15 minutes
- **For ages:** all
- **Type:** museum
- **Fun factor:** ★★★★★  
(Out of 5 stars)
- **Wallet damage:** free or \$  
\$ = Less than \$20  
\$\$ = \$21 to \$40  
\$\$\$ = \$41 to \$60  
\$\$\$\$ = \$61 to \$80  
(Based on a family of four)

October 28, 2006 -  
January 27, 2007



# Happenings

## Get Out!

### Academy football

**Only two more home games are at the Air Force Academy:** Notre Dame is in the stadium Nov. 11 and Utah plays there Nov. 18. Call the ticket office at 472-1895 to buy tickets or to ask about free tickets for military.

### Concerts

**Brad Paisley and American Idol winner Carrie Underwood** are in concert Dec. 2 at 7 p.m. at the World Arena; call 576-2626, tickets start at \$47.

**"The Who" is in the Pepsi Center** in Denver Nov. 14 at 7 p.m.; call 520-9090; tickets start at \$52.

**Vince Gill is in the Paramount Theater** on the 16th Street Mall in Denver Nov. 21 at 7:30 p.m. Tickets start at \$45, call 520-9090.

**"Barenaked Ladies"** is at Magness Arena, 2201 E. Asbury Ave., at the University of Denver, Nov. 21 at 7:30 p.m., Call 520-9090 for tickets, which start at \$50.

**Anne Murray is at the Pikes Peak Center,** 190 S. Cascade Ave., Nov. 28 at 7:30 p.m., call 576-2626 for tickets

**The TransSiberian Orchestra** presents a concert at the World Arena Dec. 13 at 7:30 p.m. Call 576-2626 for ticket information.

**John Tesh presents a concert** Dec. 26 at the World Arena, call 576-2626 for tickets.

**The Lettermen's Christmas Show** is at

the Air Force Academy's Arnold Hall Dec. 1 at 7:30 p.m. Call the box office at 634-4497. Tickets start at \$15.

### Big Head Todd and the Monsters

present a 9:30 p.m. concert at the Paramount Theatre on the 16th Street Mall in Denver; call 520-9090; tickets start at \$55.

**Andrea Bocelli presents a concert** in Denver's Pepsi Center Dec. 9; call 520-9090 for tickets which start at \$55.

### Veterans Day Parade

**The annual Veterans Day Parade** is Nov. 11, beginning at 9 a.m. It is downtown, along Tejon Street. Parking will be free for the parade, at meters, in city parking garages and in the parking garage under the Antlers Hotel. Call 282-3862 or go to [www.csvetsparade.org](http://www.csvetsparade.org).

### Veterans Day ceremony

The annual Veterans Day ceremony, held on the 11th hour of the 11th day of the 11th month will be in Memorial Park near the Veterans Memorial. Guest speaker is Lt. Gen. Eric Findley, Canadian Forces.

### Theater

**Andrew Lloyd Weber's "Joseph and the Amazing Technicolor Dreamcoat"** is in Pikes Peak Center Nov. 11 at 3, 7 p.m. Call the Pikes Peak Center box office, 520-SHOW.

### Missoula Children's Theatre

**"Beauty Lou and the Country Beast,"** Nov. 11. Fifty local children will be cast and will present the play in five days of rehearsal.

Call (719) 295-7222 for tickets. The play is in the Art Center Theater, 210 N. Santa Fe., in Pueblo at 11 a.m., 2 and 7:30 p.m.

### Flying W Ranch

**The Flying W Ranch** has dinner and a Western show in the winter steakhouse, open now through mid-May on Fridays and Saturdays. The menu includes steak for \$26; or trout, ribs, brisket or chicken for \$24. There's a reduced price for children under 8. Go online to [www.flyingw.com](http://www.flyingw.com) or call 598-4000. The Flying W is at 3330 Chuckwagon Road.

### Ski trips

**Outdoor Recreation is the place to start,** if you're wanting to learn to ski. Not only can new skiers rent or buy equipment, discounted ski passes are sold at the Information, Tickets and Registration office in the Outdoor Recreation Complex. More than 50 "get on the bus ski trips" will be offered this ski season, and some have the option of instruction. Call 526-5366 for tickets and information.

### Pueblo theater

**The concert season at the Pueblo Arts Center Theater** includes "Capitol Steps," Feb. 28 at 7:30 p.m., "Romeo and Juliet," March 10 at 4 p.m. and Glenn Miller Orchestra, April 13 at 7:30 p.m. In addition, Conjunto Colores is Nov. 3 at 7:30 p.m. at Jackson Conference Center. Season tickets are \$90 and single tickets are \$20. Call (719) 295-7222. The Art Center Theater is at 210 N. Santa Fe Ave.

Compiled by Nel Lampe

## Give me six

*In Air Force Academy tradition, members of the cadet wing do pushups in the end zone equal to the score, following each Falcon score. The next game is with Notre Dame Nov. 11; call 472-1895 for ticket information. The final home game is Nov. 18 with Utah.*



Photo by Sgt. Zach Mott

## Buster's Baghdad

by Maj. James D. Crabtree

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